

November 13, 2009

Weekly Update: H1N1 – A New Kind of Flu – What You Need to Know!

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H1N1 Vaccine Availability - *Information that is new or changed appears in bold italics!*

The Riley County-Manhattan Health Department will hold its next H1N1 flu vaccination clinic on **Tuesday, November 17th from 4:00 – 5:30.** We will have several different types of H1N1 vaccine available for specific populations; nurses will assign dosage types. We will serve all those in line by clinic closing time, unless we run out of vaccine. The health department only has H1N1 vaccinations available during these special clinic times.

School clinics are planned for Riley and Blue Valley school districts on November 23rd and 30th. The Manhattan school district is planning school clinics for early December. ***KSU Lafene Student Health Center held their first vaccination clinic yesterday and served approximately 400 people. They will hold their next clinic on Thursday, November 19th and will hold additional clinics on various Mondays and Thursdays through mid- December. More information can be found at <http://www.k-state.edu/lafene/>***

In addition to Lafene Student Health Center, vaccine is also available on Post at Fort Riley, at Stonecreek Family Physicians, and at several other physician practices in Manhattan. Each of these “private” sites has vaccine for their existing clients. If you are wanting to be vaccinated and you belong to one of these groups, check with your provider for availability of vaccine. The health department clinics are available for the general public. All providers require adherence to the eligibility guidelines listed below.

The eligibility guidelines have not changed from last week. Eligible populations are listed below (in no particular order):

- 1) Pregnant women
- 2) Persons between the ages of 6 months and 24 years
- 3) Persons between the ages of 25 and 64 years who have chronic medical conditions that put them at higher risk for influenza-related complications
- 4) Health care workers, preschool – 12th grade teachers, and emergency medical services personnel including police who act as first responders
- 5) Caregivers for, and people who live with, infants under 6 months of age

Other populations are not yet covered as eligible populations. Chronic medical conditions that may place persons ages 25-64 at increased risk for flu complications include (but are not limited to) asthma, heart disease (not high blood pressure), diabetes, kidney and liver disorders, epilepsy, cerebral palsy or immunosuppression.

The vaccination process will be much quicker for you at the health department, if you arrive with completed paperwork. Each person should have a consent form, a HIPAA form, and (if you have insurance) a health insurance form. These forms can be downloaded from this website. Also please bring a copy of your insurance card (front and back) with you. This is necessary even if we have your insurance information on file because H1N1 data is entered into a separate computer system. H1N1 vaccine is free. Fees for administration of the vaccine will be billed to insurance. Only insurance will be billed, not individuals.

We are very grateful to all of our staff and to the volunteers who are helping us hold the flu clinics.

We will be receiving ongoing shipments of vaccine and will continue to offer regular clinics as supply allows. Sometimes a clinic may deplete the supply, but we anticipate ongoing shipments. Watch www.rileycountyks.gov for changes in vaccine availability or call 776-4779 extension 297.

Child Dosage Information

Children under 10 years of age require two doses of H1N1 vaccine, 28 days or more apart. This is true regardless of what type of H1N1 vaccine a child receives. A 28 day wait is also required between any two live vaccine doses (these could include vaccinations for chicken pox, the MMR, and others). ***The CDC has determined that, if necessary, 21 days between children's doses of H1N1 vaccine is acceptable, but 28 days is preferred.*** Please count the days and be sure to get your child a second dose!

Pandemic Waves

Historically, pandemic flu will ebb and flow, resulting in "waves" of illness throughout communities. Though influenza illness is still two or three times more prevalent than usual for this time of year in the United States, the last two weeks have seen a decline in illness and school absenteeism across the country and in Riley County.

Antiviral Medication

Flu season lasts well into Spring, so it is much too soon to think that H1N1 is moving on. Continuing community preparations include multiple vaccination clinics at different sites and efforts to ensure the availability of antiviral medications. Judiciousness is recommended in the use of antivirals, in order to assure their availability and efficacy for those in highest need. A supply of antivirals will be available for the uninsured and underinsured through the health department and at some local pharmacies.